

Mercury Advisory

for Grocery Store & Restaurant Fish

Going to the store or out to eat?

Fish are grouped and assigned points based on the amount of mercury in 6 ounces of fish (one meal). Fish with more mercury get more points. The lower the score, the better it is for you to eat. You can eat up to 8 points of fish meals per month.

This chart is based on FDA fish fillet mercury data.

Advice to eat no more than 8 points is good for everyone, including pregnant women & children.

* If you catch these fish in Michigan, please see the *Michigan Fish Advisory* at www.michigan.gov/eatsafefish.



Per Meal
1
Point

Anchovies	Pollock
Catfish (farm-raised)	Salmon* (canned, frozen, fresh)
Crab	Sardines
Crawfish	Scallops
Flatfish (flounder, sole)	Shrimp
Herring*	Squid
Mullet	Tilapia
Oysters	Trout* (freshwater)
Perch* (ocean or freshwater)	Whitefish*

Per Meal
2
Points

Cod	Mahi mahi
Freshwater Drum* (aka Sheepshead)	Snapper
Jack smelt	Tuna (canned light)

Per Meal
4
Points

Bass* (sea, striped, rockfish)	Scorpion fish
Bluefish	Tuna (Albacore, canned white)
Halibut	Tuna (fresh, frozen)
Lobster	Weakfish (sea trout)
Sablefish	

Per Meal
8
Points

Grouper	Marlin
Mackerel	Orange Roughy



Do not eat these fish:

Shark, Swordfish, Tilefish, King Mackerel

Questions?

Please visit www.michigan.gov/eatsafefish or call 1-800-648-6942 for more information.